

# “I didn’t think I could quit smoking, until I did it.”



Kicking the habit was tough. But I had too much to lose to risk it all to heart disease or cancer. So I did quit, and one year later, I feel fantastic. Best of all, my doctor said that within 15 years, I could cut my risk of dying from smoking in half. Which is great, because I’ve got a lot of hugging left to do.

## Live Like Your Life Depends On It.